

BEFORE SURGERY

EATING/DRINKING

- Do not drink alcohol, use tobacco or recreational drugs for at least 24 hours before surgery. This includes cigarettes, vape pens and chewing tobacco.
- **STOP eating all solid foods or liquids you cannot see through, by MIDNIGHT the night before surgery, including:**
 - NO gum, hard candy or lozenges.
 - NO milk or dairy products.
 - NO coffee creamer.
 - NO coffee if you are having heart or lung surgery.
- Hydration with CLEAR, non-carbonated liquids (drinks you can see through such as water, Gatorade, and/or apple juice without pulp) are encouraged up to two hours before coming to the hospital.

HYGIENE

- Unless specifically instructed by your surgeon to do otherwise, plan to shower with Hibiclens (antibacterial and antimicrobial skin cleanser) both the night before and the morning of surgery. More detailed skin preparation instructions are provided in your My Surgery information packet, or available through your surgical advocate.
- Do not use lotions, deodorant, perfume, hair products or makeup.
- Do not shave near the surgical site for three days prior to surgery.
- Sleep on clean sheets and wear clean pajamas.

Notify your surgeon's office immediately if you develop a cold, fever, sore throat or any other illness; skin rashes, infections or broken skin areas.

Questions?

Surgical Pre-Admission
425.688.5378